

CONFIDENT COOKING WITH BEEF



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America's Favorite

Just a whiff of a steak sizzling on the grill or the thought of a thick, juicy burger will start your mouth watering. Easy, nutritious and delicious – beef is America's favorite protein choice.

Confident Cooking with Beef is designed to provide the basics about beef – from what to look for in the supermarket to putting the best beef classics on your table. Enjoy!

The Meat Case Today

The beef aisles are brimming with exciting choices. In addition to the traditional variety of steaks, roasts and ground beef, there are several new steaks.

These cuts include:

Beef Shoulder Top Blade Steak (Flat Iron)	NEW CUTS
Beef Shoulder Center Steak (Ranch)	
Beef Shoulder Petite Tender	
Beef Round Sirloin Tip Center Steak	
Beef Bottom Round Steak (Western Griller)	

These new cuts are moderately priced and have been carefully selected for their palatability, tenderness and flavor. They are the result of an innovative cutting approach pioneered by the beef industry.

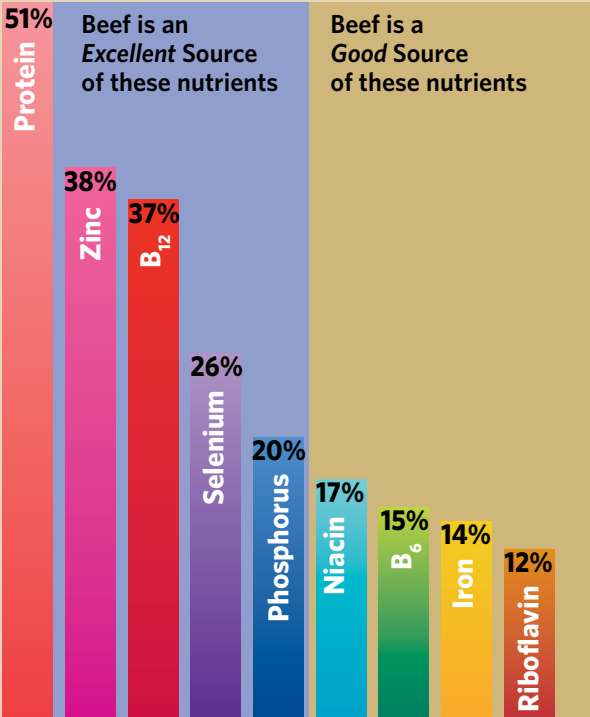
What's more, the growing array of convenient beef products make mealtime extra easy. Favorite entrees like pot roast, barbecued beef, meatloaf and meatballs are available fully-cooked, microwavable and ready to heat and serve. They deliver home-cooked flavor in just a few minutes.

Nutrient-Rich Beef

Beef not only tastes great, it's naturally nutrient-rich and easily fits into a healthful diet.

Choose Your Calories by the Company They Keep

A 3-ounce serving of lean beef (179 calories) contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:



U.S. Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Nutrient Data Laboratory homepage www.nal.usda.gov/fnic/foodcomp

The Facts on Fat

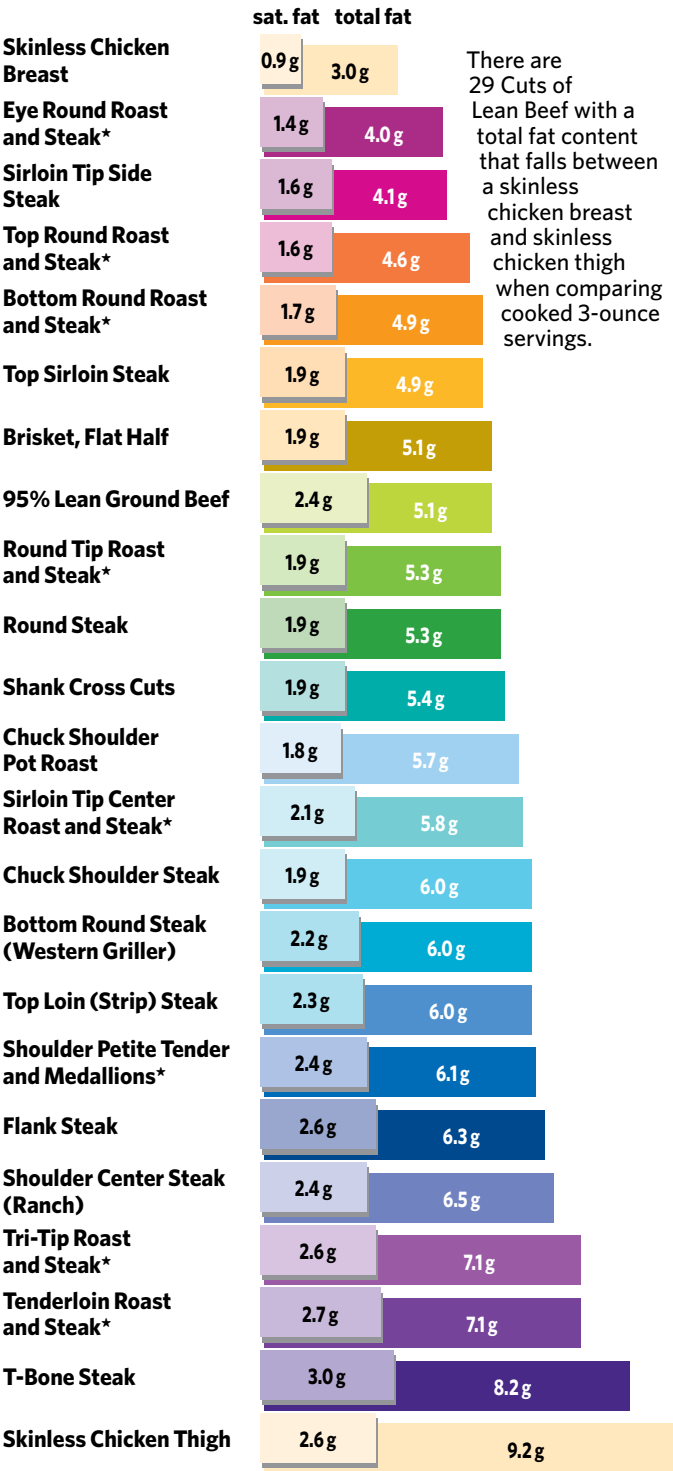
It is a common misperception that the majority of beef's fatty acids are saturated. In reality, beef is just like most other foods that contain fat – it has a fatty acid package containing various amounts of saturated fat, monounsaturated fat and polyunsaturated fat. In fact, half of the fatty acids in lean beef are monounsaturated, the same heart-healthy type found in olive oil.

Lean Beef

There are 29 cuts of beef that meet government guidelines for "lean," defined as (per 100 g, 3.5 oz. cooked serving):

- Less than 10 g total fat
- 4.5 g or less saturated fat
- Less than 95 mg cholesterol.

29 Ways to Love Lean Beef



There are 29 Cuts of Lean Beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

*Cuts combined for illustration purposes.

Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Based on cooked servings, visible fat trimmed.

Making The Grade

Meat Inspection = safe and wholesome meat

The wholesomeness of the U.S. meat supply is ensured by meat inspection. All meat that is sold must, by law, pass inspection. Meat products are among the most highly regulated and supervised products in the food supply. Everyone pays for meat inspection through taxes.

Meat Grading = taste and tenderness

The meat grading program is administered by the U.S. Department of Agriculture (USDA). Beef quality grades indicate palatability characteristics such as tenderness, juiciness and flavor. There are eight quality grades for beef which reflect the amount of marbling (fat within the lean), firmness, color and texture of the beef, and the maturity of the animal.



Generally, only three grades are identified and sold at retail: Prime, Choice and Select.

- **Prime** has the most marbling. It usually is sold to restaurants, although some specialty meat markets and supermarkets may carry it.



- **Choice** cuts tend to have a little less marbling. Choice is the most widely available grade in the market.



- **Select** has the least amount of marbling, making it leaner but often less juicy and flavorful than the other two grades.



Grading is optional and is paid for by meat processors. Just over half of the beef available is graded.

Keep It Safe

When shopping, pick up beef just before checking out. If it will take longer than 30 minutes to get it home, keep it cold in a cooler in the car.

At-Home Storage

- Refrigerate or freeze as soon as possible after purchasing.
- Label each package with the date, name of beef cut and weight or number of servings. Practice the FIFO inventory system—first in, first out.
- Freeze beef in its original transparent wrap up to two weeks. For longer storage, wrap in heavy-duty aluminum foil or place in plastic freezer bags; remove as much air as possible.
- Refrigerate leftovers promptly after serving (within two hours after cooking).

Ground meats are more perishable than roasts or steaks. During grinding, more surface area is exposed, resulting in shorter shelf life.

Refrigerator And Freezer Storage Guidelines

Recommended Storage Times for Maximum Quality

Beef Cut	Refrigerator (35°F to 40°F)	Freezer (0°F or below)
FRESH BEEF		
Steaks, Roasts	3 to 4 days	6 to 12 months
Beef for Stew, Kabobs or Stir-Fry	2 to 3 days	6 to 12 months
Ground Beef	1 to 2 days	3 to 4 months
LEFTOVER COOKED BEEF		
All	3 to 4 days	2 to 3 months
CURED/SMOKED/READY-TO-SERVE BEEF		
Corned Beef, ready-to-cook	1 week	2 weeks
Frankfurters, Deli Meats	3 to 5 days	1 to 2 months
Sausage, smoked	1 week	Not recommended
Sausage, dry and semi-dry, unsliced	2 to 3 weeks	Not recommended

Defrosting Guidelines

Always defrost beef in the refrigerator, never at room temperature. Place frozen package on a plate or tray to catch any juices and place in the refrigerator according to chart.

Beef Cut	Thickness	Approximate Refrigeration Time (at 35°F to 40°F)
Steaks		
Ground Beef*	1/2 to 3/4 inch	12 hours
Beef for Stew, Kabob or Stir-Fry	1 to 1-1/2 inches	24 hours
Small Roasts	Varies	3 to 5 hours per pound
Thin Pot Roasts		
Large Roasts	Varies	4 to 7 hours per pound
Thick Pot Roasts		

*Cook as soon as possible after defrosting.

Beef Made Easy

Matching the correct beef cut to the appropriate cooking method is the key to moist, juicy, flavorful beef.

There are beef choices to satisfy all tastes, schedules and budgets. But choosing the right cut can be confusing. Knowing what to look for when buying beef and how to read the label will help you make wise choices for your meals.

Thanks to industry efforts, today's beef cuts are more standardized. Labeling is improved, and there is more nutrition and cooking information available at the point of sale.

Beef Made Easy®

IT'S WHAT'S FOR DINNER:®

BEF FUNDING BY AMERICA'S BEEF PRODUCERS

Chuck

- CHUCK 7-BONE POT ROAST
- CHUCK POT ROAST Boneless
- CHUCK STEAK Boneless
- CHUCK EYE STEAK Boneless
- SHOULDER TOP BLADE STEAK
- SHOULDER TOP BLADE STEAK Flat Iron
- SHOULDER POT ROAST* Boneless
- SHOULDER STEAK* Boneless
- SHOULDER CENTER* Ranch Steak
- SHOULDER PETITE TENDER*
- SHOULDER PETITE TENDER MEDALLIONS*
- BONELESS SHORT RIBS

Rib

- RIB ROAST
- RIB STEAK
- RIBEYE ROAST Boneless
- RIBEYE STEAK Boneless
- BACK RIBS

Loin

- PORTERHOUSE STEAK
- T-BONE STEAK*
- TOP LOIN STEAK* Bone-in
- TOP LOIN STEAK* Boneless
- TENDERLOIN ROAST*
- TENDERLOIN STEAK*

Sirloin

- TRI-TIP ROAST*
- TRI-TIP STEAK*
- TOP SIRLOIN STEAK* Boneless

Round

- TOP ROUND STEAK*
- BOTTOM ROUND ROAST*
- BOTTOM ROUND STEAK* Western Griller
- EYE ROUND ROAST*
- EYE ROUND STEAK*
- ROUND TIP ROAST*
- ROUND TIP STEAK*
- SIRLOIN TIP CENTER ROAST*
- SIRLOIN TIP CENTER STEAK*
- SIRLOIN TIP SIDE STEAK*

Shank and Brisket

- SHANK CROSS CUT*
- BRISKET FLAT CUT*

Plate and Flank

- SKIRT STEAK
- FLANK STEAK*

Other

- GROUND BEEF
- CUBED STEAK
- BEEF FOR STEW
- BEEF FOR KABOBS
- BEEF FOR STIR-FRY OR FAJITAS

Key to Recommended Cooking Methods

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

* These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed. Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).

Understanding the Label

The meat package label identifies the kind of meat (i.e., Beef), the wholesale (primal) cut and the retail cut name. It also includes the weight, price per pound, total price, sell-by-date and safe handling instructions. It may also include a grade, nutrition and preparation information.

Other terms you may see on labels include:

Branded Beef Names -

More and more beef in the supermarket carries a brand name on the package. Branding beef, as for other products, delivers a promise to the consumer. For beef, that promise comes in the form of attributes such as consistency in taste, tenderness, juiciness and flavor. Every Branded Beef program is unique. Most have specifications around grade, aging and size, and they may offer some kind of satisfaction guarantee.

Natural - All fresh beef is natural according to the USDA definition of Natural Beef as “minimally processed containing no additives.”

Organic - Certified organic beef must carry the USDA Organic Seal. Organic food is grown, handled and processed according to stringent United States Department of Agriculture (USDA) regulations.

Grass-Finished - This beef comes from animals that have been pasture-fed throughout their lives. However, the majority of U.S. beef is *grain*-finished. In general, grain-feeding creates tender beef with the rich flavor most consumers prefer.



2 0 1 0 2 4 9 0 4 0 1 9

U.S.D.A. CHOICE BEEF
EYE OF ROUND STEAK

SAFE HANDLING INSTRUCTIONS THIS PRODUCT WAS PREPARED INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION FOLLOW THESE SAFE HANDLING INSTRUCTIONS.  KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.  KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.  COOK THOROUGHLY.  KEEP HOT FOODS HOT. REFRIGERATE LEFT-OVERS IMMEDIATELY OR DISCARD.	NUTRITION FACTS Serving Size 4 oz. (112g) Servings varied Amount / Serving Cal.240 Fat Cal.140 %Daily Values* Total Fat 16g 25% Sat. Fat 6g 32% Cholest. 70mg 23% Sodium 55mg 2% Total Carb. 0g 0% Protein 22g Vit. B6 25% Zinc 20% Vit. B12 59% Iron 8% <small>*Percent Daily Values (DV) are based on a 2000 calorie diet. Not a significant source of fibers, sugar, Vitamin A, Vitamin C, calcium.</small>
Sell by Mar 29, 06	
Net Wt./Cl	Unit Price Total Price



Not less than 70% lean/30% fat Not less than 80% lean/20% fat Not less than 85% lean/15% fat

Ground Beef Label

Ground beef packages are labeled according to USDA standards and by supermarket preferences. Lean to fat ratios vary greatly. The information on the labels will be expressed percent lean to percent fat (80% lean/20% fat, for example).

Ground beef labels may also indicate the primal cut (chuck, round or sirloin) that was used to produce the ground beef. The primal cut does not correlate to the percent lean to percent fat. For example, ground chuck is available in various lean/fat ratios.

What to Look For

- Select beef with a bright cherry-red color, without any grayish or brown blotches. The exception is vacuum-packaged beef which, in the absence of oxygen, has a darker purplish-red color. When exposed to the air, it will turn a bright red.
- Choose beef that is firm to the touch.
- Make sure the package is cold with no holes or tears.
- Choose packages without excessive liquid.
- Purchase beef before the sell-by date.

IRIDESCENCE

Occasionally an iridescent sheen may be visible on sliced cured meats such as ham, dried beef and corned beef, or on sliced, cooked beef or lamb. This is simply the effect of bright light (such as daylight or direct artificial light) on the fibrous cut surface of the meat and shows up as a very faint multi-colored or rainbow effect. This does not affect quality, and the meat is perfectly safe to eat.

How Much To Buy

The amount of beef you need to buy varies with the cut selected. Cooked yields per pound are related to the amount of bone, fat trim and cooking method. Refer to the following chart for helpful guidelines.

Beef Cut	Servings Per Pound (3-ounce cooked, trimmed)
STEAKS	
Chuck Shoulder	3-1/2
Shoulder Center (Ranch)	4
Shoulder Top Blade (Flat Iron)	4
Chuck Top Blade	3
Shoulder Petite Tender Medallions	4
Flank	4
Porterhouse/T-Bone	2-1/2
Rib	2-1/2
Ribeye	3
Bottom Round Steak (Western Griller)	4
Round Sirloin Tip Center	4
Round Sirloin Tip Side	4
Round Tip, <i>thin cut</i>	4
Tenderloin	4
Top (Strip) Loin, <i>boneless</i>	4
Top Round	4
Top Sirloin, <i>boneless</i>	4
ROASTS	
Eye Round	4
Ribeye	3
Shoulder Petite Tender	4
Rib	2-1/2
Round Tip	4
Tenderloin	4
Tri-Tip	4
POT ROASTS	
Arm, <i>boneless</i>	3
Blade, <i>boneless</i>	3
Brisket	2-1/2 to 3
Shoulder, <i>boneless</i>	3
OTHER CUTS	
Beef for Stew	2-1/2 to 3
Ground Beef	4
Shank Cross Cuts	1-1/2 to 2-1/2
Short Ribs	1-1/2 to 2-1/2
Short Ribs, <i>boneless</i>	2-1/2 to 3

Get Ready To Cook

Handle It Right

- Pat beef dry with paper towels for better browning.
- When stir-frying, partially freeze beef (about 30 minutes) for easier slicing.
- Use a gentle touch with ground beef. Overmixing will result in burgers, meatballs or meatloaves with a firm, compact texture.
- When roasting or broiling, place beef on a rack in the broiler or roasting pan to allow fat to drip away during cooking.

Keep it Clean

- To avoid cross-contamination and prevent foodborne illnesses, follow these easy steps.
- Wash hands well in hot soapy water before and after handling meat and other fresh foods.
 - Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
 - Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
 - Keep carving boards separate from other food preparation areas and serving platters.

Cookware Basics

- Choose heavy, good quality pans that are thick enough to heat evenly without scorching.
- Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.
- Nonstick pans are easier to clean and allow for cooking with little or no added fat. Best results are achieved over medium heat with nonstick pans.
- When cooking with acidic ingredients, such as tomatoes, citrus juices or wine, use pans with a *nonreactive* interior surface such as nonstick, anodized aluminum, and stainless steel. *Reactive* metals such as aluminum and cast iron can affect the taste and color of dishes with acidic ingredients.

The Basics

- High heat can overcook or char the outside of beef cuts while the interior remains underdone. Overcooking meat, poultry or fish is not recommended.
- Turn steaks and roasts with tongs. A fork pierces the beef, allowing loss of flavorful juices.
- Turn ground beef patties with a spatula. Do not press. Pressing causes the loss of juices and results in a dry burger.
- Salt beef *after* cooking or browning. Salt draws out moisture and inhibits browning.

Marinades and Rubs

Marinades are seasoned liquid mixtures that add flavor to beef and may help tenderize depending on ingredients.

- Always marinate in the refrigerator, never at room temperature.
- Allow 1/4 to 1/2 cup of marinade for each 1 to 2 pounds of beef.
- Tender beef cuts only need to be marinated 15 minutes to 2 hours for flavor.
- Less tender cuts should be marinated in a tenderizing marinade at least 6 hours, but no more than 24 hours. Over-marinating will result in a mushy texture.
- A tenderizing marinade must contain an acidic ingredient (such as lemon juice, vinegar, wine) or a natural tenderizing enzyme (found in papaya, ginger, kiwi, pineapple or figs).
- Marinate in a food-safe plastic bag or in a nonreactive container such as glass or plastic. Turn or stir the beef occasionally to allow even exposure to the marinade.
- Never save and reuse a marinade. Marinade that has been in contact with uncooked meat must be brought to a full rolling boil for at least one minute before it can be used for basting or as a sauce.
- Before cooking, remove beef from marinade and pat dry with a paper towel to promote even browning and prevent steaming.

Rubs are seasoning blends applied to the surface of roasts, steaks and ground beef patties before cooking. Rubs add flavor to beef but do not tenderize.

- Dry rubs consist of herbs, spices and other dry seasonings. Paste-type rubs contain small amounts of wet ingredients, such as oil, crushed garlic or mustard.
- Rubs can be applied just before cooking or in advance and refrigerated for several hours.

Determining Doneness

Using a Thermometer:

Roasts

- Insert an ovenproof meat thermometer prior to roasting (into the thickest part of the roast, not resting in fat or touching bone) and leave in throughout the cooking process.
- **Or**, check with an instant-read thermometer toward end of cooking time. Insert (into the thickest part of the roast, not resting in fat or touching bone) for about 15 seconds to take a reading. Remove thermometer; continue cooking, if necessary.

Steaks

- Determine doneness of steaks (1/2 inch thick or thicker) with an instant-read thermometer. Insert horizontally from the side, so that the thermometer penetrates the thickest part or the center of the steak, not touching bone or fat.



Ground Beef

- Insert an instant-read thermometer into the center or thickest part of a meatloaf or meatball; or horizontally from the side into the center for patties.
- Cook ground beef (patties, loaves, meatballs) to an internal temperature of 160°F (medium doneness), until not pink in center and juices show no pink color.
- Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160°F internal temperature has been reached.

Medium Rare: Internal temperature 145°F



Medium: Internal temperature 160°F



Well Done: Internal temperature 170°F



Matching Cooking Methods to Beef Cuts Ensures Success

Beef Cut	Pan-Broil/Pan-Fry	Stir-Fry	Grill	Broil	Roast	Braise	Cook in Liquid
CHUCK							
Chuck 7-Bone Steak			*	*		●	●
Chuck Mock Tender Steak						●	●
Chuck Arm Steak						●	●
Chuck Eye Steak, <i>boneless</i>	●		●	●		●	●
Shoulder Top Blade Steak, <i>boneless</i>	●		●	●		●	●
Shoulder Top Blade Steak (Flat Iron)	●	●	●	●		●	●
Shoulder Steak, <i>boneless</i>	*		*	*		●	●
Shoulder Center Steak (Ranch)	●	●	●	●			
Shoulder Petite Tender Medallions	●						
Short Ribs						●	●
Chuck Pot Roast (Arm, Blade, Shoulder)						●	●
Shoulder Tender Petite Roast		●	●	●	●		
RIB							
Rib Steak	●	●	●	●			
Ribeye Steak			●	●			
Rib Roast			●		●		
Ribeye Roast					●		
LOIN							
Porterhouse/T-Bone Steak	●		●	●			
Top Loin (Strip) Steak, Tenderloin Steak	●	●	●	●			
Top Loin Roast, Tenderloin Roast			●		●		
SIRLOIN							
Sirloin Steak, Tri-Tip Steak	●	●	●	●			
Top Sirloin Steak, <i>boneless</i>			●	●			
Tri-Tip Roast			●		●		
ROUND							
Top Round Steak	*	●	*	*			
Bottom Round Steak (Western Griller)	*		*	*			
Eye Round Steak	*		*			●	
Round Tip Steak, <i>thin cut</i>	●	●					
Sirloin Tip Center Steak	●	●	●	●			
Sirloin Tip Side Steak	*	●	*	*			
Eye Round, Bottom Round, Rump Roasts					●	●	
Top Round Roast					●		
Round Tip Roast					●		
SHANK & BRISKET							
Brisket, Fresh or Corned						●	●
Shank Cross Cuts						●	●
PLATE & FLANK							
Skirt Steak	*		*	*		●	
Flank Steak		●	*	*		●	
OTHER CUTS							
Ground Beef	●		●	●	●		
Cubed Steak	●					●	
Beef for Stew							●
Beef for Kabobs			●	●			

* Requires marinating



CLASSIC BEEF CHEESEBURGER

Total preparation and cooking time: 25 to 30 minutes

- 1-1/2 pounds ground beef
- 2 teaspoons steak seasoning blend
- 4 hamburger buns, split
- 4 slices cheese (such as Cheddar, American, Swiss, etc.)
- 4 lettuce leaves
- 8 tomato slices

- Combine ground beef and steak seasoning in large bowl, mixing lightly but thoroughly. Lightly shape into four 3/4-inch thick patties.
- Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.
- Line bottom of each bun with lettuce leaf; top with tomato slices and burger. Close sandwiches.

Makes 4 servings.

Nutrition information per serving using 80% lean ground beef and 1 ounce Cheddar cheese: 585 calories; 34 g fat (15 g saturated fat; 13 g monounsaturated fat); 146 mg cholesterol; 819 mg sodium; 23 g carbohydrate; 1.2 g fiber; 44 g protein; 8.5 mg niacin; 0.5 mg vitamin B6; 3.8 mcg vitamin B12; 4.9 mg iron; 39.8 mcg selenium; 9.2 mg zinc.

3 Easy Steps to GRILLING BEEF

- Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
- Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
- Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired.

Grilling Guidelines

		CHARCOAL GRILLING (uncovered unless noted) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	GAS GRILLING (covered) Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)
Beef Cut	Weight/ Thickness		
CHUCK		(minutes)	(minutes)
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	10 to 14 (grill covered)	12 to 16
Shoulder Steak, <i>boneless (marinate)</i>	3/4 inch	14 to 17	9 to 12
	1 inch	16 to 20	15 to 19
Shoulder Center Steak (Ranch)	3/4 inch	9 to 11 (grill covered)	8 to 11
	1 inch	11 to 14 (grill covered)	12 to 16
Shoulder Petite Tender Roast	8 to 12 ounces each	14 to 18 (grill covered)	14 to 19
RIB		(minutes)	(minutes)
Rib Steak, <i>small end</i>	3/4 inch	6 to 8	7 to 10
	1 inch	9 to 12	10 to 15
Ribeye Steak	3/4 inch	6 to 8	7 to 9
	1 inch	11 to 14	9 to 14
LOIN		(minutes)	(minutes)
Porterhouse/T-Bone Steak	3/4 inch	10 to 12	9 to 13
	1 inch	14 to 16	15 to 19
Top Loin (Strip) Steak, <i>boneless</i>	3/4 inch	10 to 12	7 to 10
	1 inch	15 to 18	11 to 15
Tenderloin Steak	1 inch	13 to 15	11 to 15
	1-1/2 inches	14 to 16 (grill covered)	16 to 20
SIRLOIN		(minutes)	(minutes)
Top Sirloin Steak, <i>boneless</i>	3/4 inch	13 to 16	8 to 13
	1 inch	17 to 21	13 to 16
	1-1/2 inches	22 to 26 (grill covered)	24 to 30
ROUND		(minutes)	(minutes)
<i>Recommend cooking round cuts to medium rare (145 °F) doneness only.</i>			
Round Sirloin Tip Center Steak	3/4 inch	8 to 9 (grill covered)	8 to 11
	1 inch	11 to 13 (grill covered)	13 to 15
Round Sirloin Tip Side Steak (<i>marinate</i>)	3/4 inch	9 to 11 (grill covered)	7 to 9
	1 inch	12 to 14 (grill covered)	13 to 14
Bottom Round Steak (<i>Western Griller</i>) (<i>marinate</i>)	3/4 inch	8 to 10 (grill covered)	11 to 14
	1 inch	12 to 15 (grill covered)	15 to 17
Top Round Steak (<i>marinate</i>)	3/4 inch	8 to 9	10 to 11
	1 inch	16 to 18	16 to 19
Eye Round Steak (<i>marinate</i>)	3/4 inch	15 to 19	10 to 12
	1 inch	19 to 23	17 to 19
PLATE & FLANK		(minutes)	(minutes)
Skirt Steak (<i>marinate</i>)	1 to 1-1/2 pounds (4 to 6-inch portions)	10 to 13	8 to 12
Flank Steak (<i>marinate</i>)	1-1/2 to 2 pounds	17 to 21	16 to 21
OTHER		(minutes)	(minutes)
Ground Beef Patties	1/2 inch (4 ounces each)	11 to 13	7 to 8
<i>Cook to medium (160 °F) doneness.</i>	3/4 inch (6 ounces each)	13 to 15	13 to 14
Kabobs	1 x 1-1/4 inches (1 pound)	6 to 8 (grill covered)	7 to 9

All cook times are based on beef removed directly from refrigerator.

For charcoal grilling, when coals are medium, ash-covered (approximately 30 minutes), spread in single layer and check cooking temperature. Position cooking grid. To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.

For gas grilling, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Note: Chart guidelines were developed using Weber Genesis gas grills.



TOP LOIN STEAKS WITH RED WINE SAUCE

Total preparation and cooking time: 40 to 45 minutes

- 2 boneless beef top loin (strip) steaks, cut 1 inch thick or beef shoulder top blade steaks (flat iron) (about 8 ounces each)
- 1 teaspoon lemon pepper
- Chopped fresh parsley (optional)

Red Wine Sauce:

- 1 tablespoon olive oil
 - 1 cup sliced cremini or button mushrooms
 - 2 cloves garlic, minced
 - 1/2 cup dry red wine
 - 1/3 cup ready-to-serve beef broth
 - 1/3 cup whipping cream
 - 1/4 teaspoon ground black pepper
 - Salt
1. Press lemon pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes (shoulder top blade steaks 13 to 15 minutes) for medium rare to medium doneness, turning occasionally. Remove to platter; keep warm.
 2. To prepare Red Wine Sauce, add oil to same skillet and heat over medium heat until hot. Add mushrooms; cook and stir 1 to 2 minutes. Add garlic; cook and stir 20 to 30 seconds or until fragrant. Add wine; cook and stir 1 to 2 minutes or until browned bits attached to skillet are dissolved and liquid is reduced by half. Stir in broth, cream and black pepper. Continue cooking 5 to 7 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.
 3. Spoon sauce over steaks. Garnish with parsley, if desired.

Makes 2 to 4 servings.

Nutrition information per serving using top loin (strip) (1/4 of recipe):

292 calories; 17 g fat (7 g saturated fat; 7 g monounsaturated fat); 83 mg cholesterol; 166 mg sodium; 3 g carbohydrate; 0.2 g fiber; 26 g protein; 7.9 mg niacin; 0.6 mg vitamin B6; 1.5 mcg vitamin B12; 1.8 mg iron; 33.8 mcg selenium; 4.9 mg zinc.

COOK'S TIP Beef shoulder center steaks (ranch), cut 1 inch thick may be substituted for top loin and flat iron steaks. Cook 13 to 16 minutes for medium rare to medium doneness, turning occasionally.

3 Easy Steps to PAN-BROILING BEEF

- 1 Heat heavy nonstick skillet 5 minutes over medium heat.
- 2 Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.
- 3 Pan-broil according to chart, turning once. (For cuts 1 inch thick or thicker, turn occasionally.) After cooking, season beef with salt, if desired.

Pan-Broiling Guidelines

Pan-Broiling Guidelines		Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)	PAN-BROILING	
Beef Cut	Weight/ Thickness			
CHUCK		(minutes)		
Chuck Eye Steak, boneless	3/4 inch	9 to 11		
	1 inch	12 to 15		
Shoulder Top Blade Steak, boneless	3/4 inch	10 to 12		
	1 inch	13 to 17		
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	13 to 15		
Shoulder Center Steak (Ranch)	3/4 inch	9 to 12		
	1 inch	13 to 16		
Shoulder Petite Tender Medallions*	1/2 to 3/4 inch	5 to 6		
*Use medium-high heat.				
RIB		(minutes)	PAN-BROILING	
Ribeye Steak	3/4 inch	8 to 10		
	1 inch	12 to 15		
LOIN		(minutes)		PAN-BROILING
Porterhouse/T-Bone Steak	3/4 inch	11 to 13		
	1 inch	14 to 17		
Top Loin (Strip) Steak, boneless	3/4 inch	10 to 12		
	1 inch	12 to 15		
Tenderloin Steak	3/4 inch	7 to 9		
	1 inch	10 to 13		
SIRLOIN		(minutes)		
Top Sirloin Steak, boneless	3/4 inch	10 to 13		
	1 inch	15 to 20		
ROUND		(minutes)	PAN-BROILING	
Recommend cooking round cuts to medium rare (145°F) doneness only.				
Top Round Steak (marinate)	1 inch	15 to 16		
Bottom Round Steak	3/4 inch	11 to 14		
(Western Griller) (marinate)	1 inch	16 to 22		
Round Sirloin Tip Center Steak	3/4 inch	11 to 13		
	1 inch	14 to 15		
Round Sirloin Tip Side Steak (marinate)	3/4 inch	10 to 12		
	1 inch	13 to 15		
OTHER		(minutes)		PAN-BROILING
Ground Beef Patties	1/2 inch	10 to 12		
Cook to medium	(4 ounces each)			
(160°F) doneness.	3/4 inch	12 to 15		
	(6 ounces each)			

All cook times are based on beef removed directly from refrigerator.



COUNTRY-FRIED STEAK

Total preparation and cooking time: 25 to 30 minutes

- 4 beef cubed steaks (about 4 ounces each)
- 1 large egg, slightly beaten
- 3 tablespoons milk
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- Chopped fresh parsley (optional)

Gravy:

- 1 tablespoon vegetable oil
 - 1 tablespoon all-purpose flour
 - 1 cup milk
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1/8 teaspoon ground red pepper
1. Beat egg and milk in shallow dish until blended. Combine flour, salt and black pepper in second shallow dish. Dip each beef steak into egg mixture, then into flour mixture turning to coat both sides.
 2. Heat 1 tablespoon oil in large nonstick skillet over medium to medium-high heat until hot. Place 2 steaks in skillet; cook 5 to 6 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning once. Remove steaks; keep warm. Repeat with remaining 1 tablespoon oil and steaks, adjusting heat as necessary to avoid over browning.
 3. To prepare gravy, heat oil in same skillet over medium heat, scraping up any browned bits attached to skillet. Add flour; cook and stir 1 minute. Gradually stir in milk; cook and stir 2 to 3 minutes or until thickened. Stir in salt, black and red peppers.
 4. Serve steaks with gravy. Garnish with parsley, if desired.

Makes 4 servings.

Nutrition information per serving: 375 calories; 21 g fat (5 g saturated fat; 9 g monounsaturated fat); 132 mg cholesterol; 553 mg sodium; 14 g carbohydrate; 0.1 g fiber; 31 g protein; 4.2 mg niacin; 0.4 mg vitamin B6; 2.7 mcg vitamin B12; 3.4 mg iron; 28.2 mcg selenium; 6.3 mg zinc.

3 Easy Steps to PAN-FRYING BEEF (Sautéing)

- 1 Heat small amount of oil in heavy nonstick skillet over medium heat until hot.
- 2 Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.
- 3 Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.

This cooking method is best for thin beef cuts, 1/2 inch thick or less. Cuts such as cubed steak or other cuts that are floured or breaded, may require additional oil to prevent sticking.

CUBED STEAK is a flavorful cut of beef taken from the Round or Chuck and tenderized (or cubed) by running it through a butcher's tenderizing machine once or twice.

COOK'S tip to come.....



SZECHUAN BEEF STIR-FRY

Total preparation and cooking time: 25 to 30 minutes

- 1 pound boneless beef top sirloin or beef top round steak, cut 3/4 to 1 inch thick
- 3 tablespoons water
- 4 cups fresh stir-fry vegetable blend (about 10 to 12 ounces)
- 1/2 cup red bell pepper strips
- 1 tablespoon vegetable oil
- 1-1/2 teaspoons crushed red pepper
- Hot cooked white or brown rice
- Coarsely chopped dry-roasted peanuts (optional)

Marinade:

- 2 tablespoons soy sauce
 - 1 tablespoon minced garlic
 - 1 tablespoon minced fresh ginger
 - 1 tablespoon dry sherry
 - 1 teaspoon sugar
 - 1 teaspoon cornstarch
1. Cut beef steaks lengthwise in half, then crosswise into 1/8-inch thick strips. Combine marinade ingredients in medium bowl. Add beef; toss to coat. Set aside.
 2. Combine water, vegetable blend and bell pepper in large nonstick skillet or wok; cover and cook over medium-high heat 4 to 5 minutes or until crisp-tender. Remove and drain vegetables; keep warm.
 3. Heat 2 teaspoons oil in same pan over medium-high heat until hot. Add crushed red pepper; stir-fry 30 seconds. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook top round steak.) Remove from pan. Repeat with remaining 1 teaspoon oil and beef.
 4. Return beef and vegetables to pan. Cook and stir about 1 minute or until heated through. Serve over rice, as desired. Garnish with peanuts, if desired.

Makes 4 servings.

Nutrition information per serving using top sirloin and 1/2 cup white rice: 319 calories; 9 g fat (2 g saturated fat; 4 g monounsaturated fat); 49 mg cholesterol; 304 mg sodium; 27 g carbohydrate; 1.6 g fiber; 29 g protein; 8.9 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 3.0 mg iron; 36.5 mcg selenium; 5.3 mg zinc.

3

Easy Steps to STIR-FRYING BEEF

- 1 Cut beef into thin, uniform strips. If desired, partially freeze beef (about 30 minutes) for easier slicing. Marinate beef to add flavor or tenderize while preparing other ingredients, if desired.
- 2 Heat small amount of oil in large nonstick skillet or wok over medium-high heat until hot.
- 3 Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary.

Cook's Tip:

Cook beef and vegetables separately, then combine and heat through. The cooking liquid may be thickened with cornstarch dissolved in water, if desired.

Other beef cuts that can be stir-fried include:

- Eye Round Steak
- Flank Steak
- Ribeye Steak
- Round Sirloin Tip Center Steak
- Round Sirloin Tip Side Steak
- Round Tip Steak
- Shoulder Center Steak (Ranch)
- Shoulder Top Blade Steak (Flat Iron)
- Top Sirloin Steak
- Skirt Steak
- Tenderloin Steak
- Top Loin (Strip) Steak
- Top Round Steak
- Tri-Tip Steak



For stir-fry, cut beef into thin, uniform thickness strips so they cook in the same amount of time. Cut strips 1/8 to 1/4 inch thick.

COOK'S TIP

Beef shoulder top blade (flat iron) or beef shoulder center steaks (ranch), cut 3/4 to 1 inch thick, may be substituted for top sirloin or top round steak. It is not necessary to cut these steaks lengthwise in half before cutting crosswise into strips.



CLASSIC BEEF, SWEET PEPPER & MUSHROOM KABOBS

Total preparation and cooking time: 30 to 35 minutes

- 1 pound well-trimmed boneless beef top sirloin or beef tenderloin steaks, cut 1 inch thick
- 8 ounces medium mushrooms
- 2 medium red, yellow or green bell peppers, cut into 1-inch pieces
- Salt
- Cucumber Sauce (*recipe follows*)

Seasoning:

- 2 tablespoons olive oil
 - 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves, crushed
 - 2 cloves garlic, minced
 - 1/2 teaspoon ground black pepper
1. Cut beef steak into 1-1/4-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms and bell peppers; toss to coat.
 2. Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small space between pieces.
 3. Place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare to medium doneness, turning once. Season kabobs with salt, as desired.
 4. Meanwhile prepare Cucumber Sauce. Serve kabobs with sauce.

Makes 4 servings.

Nutrition information per serving using top sirloin: 280 calories; 13 g fat (4 g saturated fat; 7 g monounsaturated fat); 55 mg cholesterol; 200 mg sodium; 9 g carbohydrate; 1.7 g fiber; 31 g protein; 10.1 mg niacin; 0.8 mg vitamin B6; 1.6 mcg vitamin B12; 2.4 mg iron; 36.9 mcg selenium; 5.5 mg zinc.

Cucumber Sauce: Combine 1/2 cup plain yogurt, 1/3 cup finely chopped seeded cucumber, 2 tablespoons crumbled feta cheese, 1 clove minced garlic, 1/4 teaspoon ground black pepper and 1/8 teaspoon salt in small bowl.

COOK'S TIP Beef shoulder top blade (flat iron) or beef shoulder center steaks (ranch), cut 1 inch thick, may be substituted for top sirloin or tenderloin steaks.

3 Easy Steps to BROILING BEEF

- 1 Set oven for broiling; preheat for 10 minutes. (*Consult owner's manual for specific information.*)
- 2 Season beef (directly from the refrigerator) with herbs or spices, as desired. Place beef on rack of broiler pan. Position broiler pan so that surface of beef is within specified distance from heat as indicated in chart.
- 3 Broil according to chart, turning once. After cooking, season beef with salt, if desired.

Broiling Guidelines

Beef Cut	Weight/ Thickness	Distance from Heat	Approximate Total Cooking Time Medium Rare (145°F) to Medium (160°F)
CHUCK		(inches)	(minutes)
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	3 to 4	15 to 20
Chuck Shoulder	3/4 inch	2 to 3	10 to 13
Steak, boneless (marinate)	1 inch	3 to 4	16 to 21
RIB		(inches)	(minutes)
Rib Steak, small end	3/4 inch	2 to 3	9 to 12
	1 inch	3 to 4	13 to 17
Ribeye Steak	3/4 inch	2 to 3	8 to 10
	1 inch	3 to 4	14 to 18
LOIN		(inches)	(minutes)
Porterhouse/ T- Steak	3/4 inch	2 to 3	10 to 13
	1 inch	3 to 4	15 to 20
Top Loin (Strip) Steak, boneless	3/4 inch	2 to 3	9 to 11
	1 inch	3 to 4	13 to 17
Tenderloin Steak	1 inch	2 to 3	13 to 16
	1-1/2 inches	3 to 4	18 to 22
SIRLOIN		(inches)	(minutes)
Top Sirloin Steak, boneless	3/4 inch	2 to 3	9 to 12
	1 inch	3 to 4	16 to 21
	1-1/2 inches	3 to 4	26 to 31
	2 inches	3 to 4	34 to 39
ROUND		(inches)	(minutes)
<i>Recommend cooking round cuts to medium rare (145°F) doneness only.</i>			
Top Round Steak (marinate)	3/4 inch	2 to 3	12 to 13
	1 inch	2 to 3	17 to 18
	1-1/2 inches	3 to 4	27 to 29
Bottom Round Steak (Western Griller) (marinate)	1-1/4 inches	3 to 4	18 to 20
PLATE & FLANK		(inches)	(minutes)
Flank Steak (marinate)	1-1/2 to 2 pounds	2 to 3	13 to 18
OTHER		(inches)	(minutes)
Ground Beef Patties	1/2 inch	3 to 4	10 to 12
Cook to medium (160°F) doneness,	(4 ounces each) 3/4 inch	3 to 4	12 to 14
	(6 ounces each)		
Kabobs	1 pound 1 x 1-1/4-inch cubes	3 to 4	7 to 11

All cook times are based on beef removed directly from refrigerator.



RIB ROAST WITH HORSERADISH SAUCE

Total preparation and cooking time: 2-1/2 to 3 hours

- 1 well-trimmed beef rib roast (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
Salt

Seasoning:

- 2 tablespoons coarsely ground mixed peppercorns (black, white, green and pink)
- 1 tablespoon minced garlic
- 2 teaspoons vegetable oil

Horseradish Sauce:

- 1/2 cup whipping cream
- 3 tablespoons finely chopped fresh fennel bulb
- 3 tablespoons finely grated fresh horseradish
- 1 teaspoon finely chopped fresh fennel fronds
- 1/8 teaspoon salt

1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast.
2. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-3/4 to 3 hours for medium doneness.
3. Meanwhile prepare Horseradish Sauce. Beat cream in medium bowl just until soft peaks form; do not overbeat. Add fennel bulb, horseradish, fennel fronds and salt; mix well. Cover and refrigerate until ready to serve.
4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
5. Carve roast into slices; season with salt, as desired. Serve with horseradish sauce.

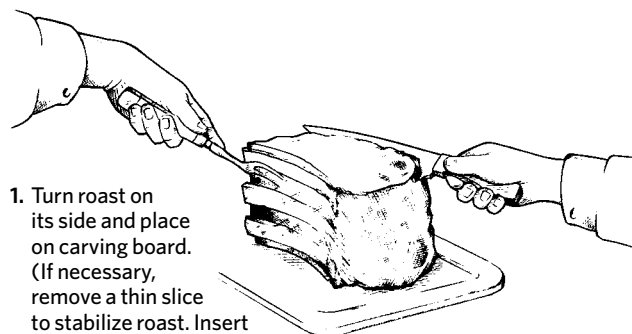
Makes 8 to 10 servings.

Nutrition information per serving (1/8 of recipe): 387 calories; 19 g fat (8 g saturated fat; 7 g monounsaturated fat); 134 mg cholesterol; 143 mg sodium; 3 g carbohydrate; 0.5 g fiber; 48 g protein; 13.6 mg niacin; 1.0 mg vitamin B6; 2.7 mcg vitamin B12; 3.2 mg iron; 55.0 mcg selenium; 8.9 mg zinc.

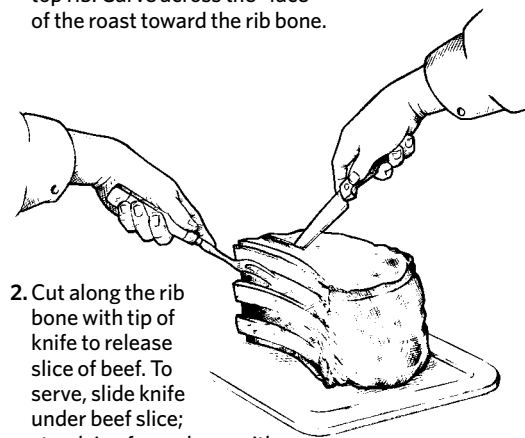
3 Easy Steps TO ROASTING BEEF

- 1 Heat oven to temperature specified in chart.
- 2 Place roast (directly from the refrigerator), fat side up, on rack in shallow roasting pan. Season roast with herbs and seasonings, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
- 3 Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve.)

TO CARVE A BEEF RIB ROAST



1. Turn roast on its side and place on carving board. (If necessary, remove a thin slice to stabilize roast. Insert fork from the side, below the top rib. Carve across the "face" of the roast toward the rib bone.



2. Cut along the rib bone with tip of knife to release slice of beef. To serve, slide knife under beef slice; steadying from above with the fork and lifting slice onto plate.

COOK'S tip Two tablespoons prepared horseradish may be substituted for fresh horseradish. Omit salt in sauce. Two tablespoons chopped fresh chives may be substituted for fresh fennel bulb and fronds.

Roasting Guidelines

Beef Cut	Oven Temperature (Preheated)	Weight (Pounds)	Approximate Total Cooking Time	Remove roast from oven when internal temperature reaches:	
CHUCK					
Shoulder Petite Tender Roast	425°F	8 to 12 ounces	Medium Rare to Medium: 20 to 25 minutes	145°F - 160°F	
RIB					
Ribeye Roast, <i>small end</i>	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 150°F	
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours	135°F 150°F	
		6 to 8	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/2 to 2-3/4 hours	135°F 150°F	
			Ribeye Roast, <i>large end</i>	3 to 4	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2 to 2-1/2 hours
4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	135°F 150°F			
6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F			
	Rib Roast, <i>chine bone removed</i>	4 to 6 (2 ribs)		Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 150°F
6 to 8 (2 to 4 ribs)		Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F		
8 to 10 (4 to 5 ribs)		Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	135°F 150°F		
		LOIN			
Tenderloin Roast, <i>well-trimmed</i>	425°F	2 to 3 (<i>center-cut</i>)	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135°F 150°F	
		4 to 5 (<i>whole</i>)	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135°F 150°F	
SIRLOIN					
Tri-Tip Roast	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes Medium: 40 to 45 minutes	135°F 150°F	
ROUND					
Round Tip Roast	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140°F 155°F	
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140°F 155°F	
		6 to 8	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	140°F 155°F	
			Round Sirloin	Tip Center Roast	325°F
Rump Roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F	
Bottom Round Roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F	
Eye Round Roast	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F	
OTHER					
Ground Beef	350°F	8 x 4-inch	Medium: 1-1/4 hours	160°F	
Cook to medium (160°F) doneness.		1-1/2 pounds			

Cook to medium (160°F) doneness.
Medium rare doneness =
145°F final internal temperature after 15 to 20 minutes standing time.
Medium doneness =
160°F final internal temperature after 15 to 20 minutes standing time.
All cook times are based on beef removed directly from refrigerator.



CLASSIC BEEF POT ROAST WITH ROOT VEGETABLES

Total preparation and cooking time: 3-1/4 to 3-1/2 hours

- 1 boneless beef chuck shoulder, arm or blade pot roast (2-1/2 to 3 pounds)
 - 1 tablespoon vegetable oil
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
 - 1 pound small red-skinned potatoes (about 1-1/2-inch diameter), cut in half
 - 1 pound carrots, peeled, cut diagonally into 1-1/2-inch pieces
 - 1 large onion, cut into 8 wedges
 - 1/2 cup frozen peas
 - 2 tablespoons all-purpose flour dissolved in 1/4 cup cold water
 - Chopped fresh parsley (optional)
- Seasoning:**
- 2 cloves garlic, minced
 - 2 teaspoons dried thyme leaves, crushed
- Combine seasoning ingredients; press evenly onto all surfaces of beef pot roast. Heat oil in stockpot over medium heat until hot. Place pot roast in stockpot; brown evenly. Pour off drippings. Season with salt and pepper.
 - Add broth to stockpot; bring to boil. Reduce heat; cover tightly and simmer 2-1/4 hours. Add potatoes, carrots and onion to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 25 minutes. Stir in peas; simmer until pot roast and vegetables are fork-tender.
 - Remove pot roast and vegetables; keep warm. Skim fat from cooking liquid. Measure 1-1/2 cups cooking liquid; return to pot. Stir in flour mixture. Bring to boil, stir constantly; cook and stir 2 to 3 minutes, until thickened.
 - Carve pot roast into thin slices; serve with vegetables and gravy. Garnish with parsley, if desired.

Makes 6 to 8 servings.

Nutrition information per serving (1/8 of recipe): 251 calories; 7 g fat (2 g saturated fat; 3 g monounsaturated fat); 57 mg cholesterol; 475 mg sodium; 21 g carbohydrate; 3.2 g fiber; 24 g protein; 3.6 mg niacin; 0.3 mg vitamin B6; 2.4 mcg vitamin B12; 3.6 mg iron; 25.0 mcg selenium; 5.4 mg zinc.

3 Easy Steps to BRAISING BEEF (Pot Roasting)

- Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef with herbs or spices, as desired.
- Add small amount (1/2 to 2 cups) of liquid (such as broth, water, juice, beer or wine).
- Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven according to chart or until beef is fork-tender.

The cooking liquid may be thickened or reduced for a sauce, as desired.

Braising Guidelines

		Approximate Total Cooking Time (Covered Over Low Heat)	BRAISING
Beef Cut	Weight/ Thickness		
CHUCK		(hours)	
Chuck Pot Roast (Shoulder, Arm or Blade), <i>boneless</i>	2-1/2 to 4 pounds	2 to 3	
Chuck Shoulder Steak, <i>boneless</i>	3/4 to 1 inch	1-1/4 to 1-3/4	
Short Ribs	2 x 2 x 4 inches	1-1/2 to 2-1/2	
ROUND		(hours)	
Bottom Round, Rump Roast, <i>boneless</i>	3 to 4 pounds	2-1/2 to 3-1/4	
Round Steak, (Eye or Bottom), <i>boneless</i>	3/4 to 1 inch 1 to 1-1/2 inches	1-1/4 to 1-3/4 1-3/4 to 2-1/2	
<i>Note: For Top Round Steak, braising is not recommended. See dry-heat cookery methods.</i>			
SHANK & BRISKET		(hours)	
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3	

All cook times are based on beef removed directly from refrigerator.

COOK'S tip Beef bottom round or beef round rump roast may be substituted for shoulder, arm or blade pot roast. Simmer 2-1/2 hours before adding vegetables.



BEEF BOURGUIGNONNE

Total preparation and cooking time: 2-1/4 to 2-3/4 hours

- 2-1/2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces
- 4 slices bacon, chopped (about 4 ounces)
- 1/4 cup all-purpose flour
- Vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup ready-to-serve beef broth
- 2 cups Burgundy or other dry red wine
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 2 teaspoons dried marjoram leaves, crushed
- 8 ounces packaged baby carrots
- 8 ounces fresh pearl onions, peeled or frozen pearl onions
- 8 ounces mushrooms, cut in half if large
- Chopped fresh parsley (optional)
- Cook bacon in stockpot over medium heat 8 to 10 minutes or until crisp, stirring frequently. Remove with slotted spoon to paper towel-lined plate. Set aside. Reserve drippings.
 - Lightly coat beef with flour. Heat 2 tablespoons drippings in same stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining beef, adding drippings or oil as needed. Remove beef from stockpot; season with salt and pepper. Pour off drippings.
 - Add broth to stockpot. Cook and stir 1 to 2 minutes or until browned bits are dissolved. Stir in wine, tomato paste, garlic and marjoram. Return beef and bacon to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour.
 - Add carrots and onions to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 30 minutes. Stir in mushrooms; continue simmering, covered, 10 to 15 minutes or until beef and vegetables are fork-tender.
 - Remove from heat. Skim fat from cooking liquid, if necessary. Garnish with parsley, if desired.

Makes 6 servings.

Nutrition information per serving: 378 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 90 mg cholesterol; 681 mg sodium; 18 g carbohydrate; 2.4 g fiber; 34 g protein; 6.2 mg niacin; 0.5 mg vitamin B6; 2.7 mcg vitamin B12; 3.7 mg iron; 29.7 mcg selenium; 7.1 mg zinc.

3 Easy Steps to COOKING BEEF IN LIQUID (Stewing)

- Coat beef lightly with seasoned flour, if desired. Slowly brown beef, in batches, on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Omit browning step for corned beef brisket.
- Cover beef with liquid (such as broth, water, juice, beer or wine). Add herbs or seasonings, as desired. Bring liquid to boil; reduce heat to low.
- Cover tightly and simmer gently over low heat on top of the range according to chart or until beef is fork-tender. The cooking liquid may be reduced or thickened for a sauce, as desired.

Cooking in Liquid Guidelines

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time (Covered Over Low Heat)
SHANK & BRISKET		(hours)
Shank Cross Cuts	1 to 1-1/2 inches	2 to 3
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3
Brisket, <i>corned</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3-1/2
OTHER		(hours)
Beef for Stew (<i>Boneless Round or Chuck Pieces for Stew</i>)	1 to 1-1/2 inches	1-3/4 to 2-1/4

All cook times are based on beef removed directly from refrigerator.

**Determining Doneness of Beef Cooked By Moist Heat
(Braising and Cooking in Liquid):**

- Cook until fork-tender. To test, insert a double-pronged meat fork into the thickest part of the beef. When fork can be inserted without resistance and releases easily when pulled out, the beef is done.
- Do not overcook. When overcooked, beef will be dry and stringy. Test at the end of suggested cooking time.

COOK'S tip The dark brown crust that forms on the bottom of the stockpot during step 2 dissolves when liquid is added and gives the stew a rich flavor.

COOKING
IN LIQUID



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For more beef recipes and information, visit
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